

Talk by Bro Billy Tan at the Seremban Sudhamma Buddhist Society on 22nd October 2011 on the topic "PERCEPTION, INTENTION, EXPECTATION".

**OBJECTIVE:** To help us understand how our thoughts and emotions interact to form our Perception of the world around us, and how Intentions and Expectations motivate our behaviour. We apply this learning from a Buddhist perspective to help us experience greater happiness and peace of mind.

**SYNOPSIS:** How do we perceive the world through our senses? What motivates us to behave in certain ways? Why do we sometimes react emotionally while other times we can remain calm and rational? Whether we become happy, or unhappy, this has a lot to do with our Perception of the world around us, as well as our Intentions and our Expectations in everyday life.

The speaker first explains some of the happenings inside our mind and body from a psychological perspective -- how Perceptions are formed, how emotions are aroused, how we become motivated to take action, and what happens to our physiology when we are emotionally aroused.

The speaker then relates latest findings in Psychology and Neuroscience with key aspects of Buddhist teachings such as of "*karma*", "*Vipaka*", the 5 Aggregates, and the 6 Sensual Fields.

Video clips of the latest research findings from the fields of Psychology and Neuroscience help enhance the presentation.

**MAY ALL BEINGS BE WELL AND HAPPY!**